

## Mix It Rustic 1 Kg

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*A rustic flour blend made from flax and buckwheat seeds.*

### DESCRIPTION

Made with top-quality buckwheat and flax seeds, this mix is a must-have in your kitchen when preparing whole-grain rolls or breads, biscuits, cookies or rustic cakes.

### Ingredients

Corn starch, flaxseed flour 12%, buckwheat flour 8%, pea bran, rice bran, vegetable fiber (psyllium), sugar, thickener: guar gum; salt.

May contain traces of soy. LACTOSE FREE (lactose<0.007g/100g).

### Nutritional value

Per 100 g energy value 1375 / 326 kj/kcal

- fats 2.6 g of which saturated 0.5 g.
- carbohydrates 63 g of which sugars 2.1 g.
- dietary fiber 13 g.
- proteins 6.1 g.
- salt 0.75 g.

